

Editorial

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In recent years, the concept of emotional intelligence has gained significant attention, highlighting its significant role in every individual's life. But what do we do when society and the trends go in a different direction, and what we think is right does not fit in with what is happening in society?

For a very long time, IQ (cognitive or academic intelligence quotient) has been, and still is, a very good predictor of success. The more intellectually gifted a person is, the better positioned they are believed to be for achieving their goals in both personal and professional life. However, it has been observed that this is not always the case. We may know in our circle of acquaintances or friends, people who, despite being extremely intellectually gifted and scoring high on intelligence tests, have an IQ well above average, yet surprisingly, they fail in life to match their intelligence. They often face challenges in reaching their aspirations, building fulfilling careers, and even managing personal relationships. The reason for this state of affairs seems to be that components related to emotional intelligence may be significantly more important than IQ in achieving success. IQ measures a type of intelligence that refers to an individual's intellectual abilities, their ability to analyze and synthesize, their ability to work with abstract elements in their mind, ability to establish logical relationships between elements, how much they can learn, their ability to operate with new things, etc. These things are extremely important, but this type of intelligence is inert, meaning that this type of intelligence is just a tool. There is no doubt that for success, it is important to have very good intelligence, like an advanced and very sharp tool, but that is not enough. How you use that tool, that kind of intelligence matters more, and if the cognitive intelligence measured by IQ governs the act of knowing, the emotional intelligence part of it is the one that governs the action, the way you use what you know, for example, and the results in life, whether we like it or not, are not just in what you know, but in what you do.

Intelligence, in essence, refers to a person's ability to solve problems and adapt to the environment. IQ helps individuals to solve problems and adapt to the environment from a strictly cognitive, strictly intellectual point of view, which is why

those with a high IQ manage to have a very good intellectual performance, becoming very good specialists in life, with a worthy academic career. From this perspective, there is a real correspondence between IQ and school, university and academic results, while emotional intelligence is the type of intelligence that helps you to solve problems in the area of emotions and relationships, enabling you to adapt to the social environment, which is why both cognitive intelligence (IQ) and emotional intelligence (EQ) will show how capable a person is of intelligent behavior, both from a cognitive, intellectual, rational and emotional, relational point of view. It is not enough to have a developed intelligence, it is important that it is not wasted in all sorts of activities that produce nothing for the person who possesses it.

Thus, our life is nothing but a succession of emotional experiences. Emotions underlie everything we do. Therefore, all the decisions we make and all the behaviors we display originate from the emotions we experience and draw their energy from them.